



Shibashi Exercise Class

Shibashi is a gentle form of simple Tai Chi exercises. It can help to improve co-ordination and balance, reduce stress and boost your mental health and wellbeing.

If you would like to try something new then come join us for our Shibashi sessions which are hosted by a fully qualified instructor.

**Admission is £2.50. First session is free.
Over 60s only.**

Every Tuesday 10am - 11am

Located at Park
Congregational Church
Hall, Humberstone Road,
Grimsby DN32 8AZ. For
more information call us
on 01472 602500

